



Liberation From Childhood Trauma

E-Book

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Disclaimer

In writing this book I must state and share with you that what has worked for me may not have exactly the same results for you. Whilst I encourage you to try the exercises, tools and principles laid out in this book, I cannot promise the exact same outcome for everyone.

Prerequisite

This book is an introduction to childhood trauma healing. I will present two examples of my personal traumatic experiences along with very helpful tools and an exercise that I hope you will also find helpful in commencing your lifelong journey of healing from childhood trauma.

The tools given here are part of my holistic approach to childhood trauma healing. Practicing mindfulness is pertinent and encouraged before delving further and deeper.

I will ask you to be patient with your learning whilst self-healing. It takes time, patience, compassion and a relentless amount of courage on your healing journey. Do remember that you are never alone on your journey and that you will always be guided and protected.

I recommend that you approach self-healing with an open mind and maintain it at all times. Not only is it necessary to keep an open mind but it is equally important to be kind and gentle to yourself as much as possible. Be honest with your learning. What you see and experience on your journey will be real for you at that moment. Allow yourself space and time for change. What you experience one month will be different the next month literally because your perspective about the same issue will have changed because you are healing. It is likely that you will have matured emotionally from one month to the next, which is a necessary and important goal and an ongoing process.

I decided to write this book after working with women on a one-to-one basis while taking them through their bespoke self-healing process and noted that the majority of these clients needed to work on healing their childhood traumatic experiences in order to align themselves with their true power.

Purpose of This Book

I am writing this book for three reasons:

- To touch on childhood trauma and how we can heal from a holistic perspective.
- To send the message that you are not alone with your traumatic childhood experiences. All children have a right to be protected by the adults in their lives.

- To share my experiences and what I have learned so you the reader can benefit and share what you have learnt here with others, empowering as many of us as possible on our beautiful planet. As we heal ourselves, we heal intergenerationally thereby healing our planet, our Universe and so on eternally.

What I have come to realise on my healing journey is that as our Universe expands, so do we which means there is always some aspect of ourselves that needs healing. When we have trauma patterns in our physical and emotional bodies, we will tend to attract more trauma.

The whole pattern of trauma needs to be completely cleared. That's the secret. I have learnt not to take it so seriously as it is the Source working through me while I am having this human experience. I have come to learn that, in the end, nothing matters!!! It can take years to arrive at this knowing space. This realisation is key. When you arrive at this place of knowing, you will be keen to teach others the skills that can help them to get there too.

Author's Story

Working through Childhood Trauma

Before starting this journey, ensure that you have a close friend and/or relatives that you can turn to so that when challenging memories arise you will have the necessary support. Prepare them beforehand. Make it clear to them that they don't have to comment on your emotional outbursts and cleansing whilst on your journey, but instead you just need them to be present and give you that safe space to express your feelings. I was fortunate that I had the listening ear of a partner and friends to turn to.

For the purpose of clarity, I feel the need to define childhood trauma pertaining to this book. It is important to note that trauma can be experienced from the foetus stage of our development and continue on into adolescence. Types of Childhood Trauma include witnessing violence, physical neglect, emotional abuse, physical abuse and sexual abuse. From birth I was fully aware that my mother was very unhappy. I

remember the migraines she suffered with. These periods were so painful for her, that as a toddler she would ask me to sit on a pillow placed on her head to ease the pain. My point is I was conscious that I was sharing her unhappiness and fully aware of it. She was unhappy that she had to leave her home to live among my paternal grandparents.

The next stage of my earliest memories is my father disappearing. Later I came to realise that he had travelled to England seeking to improve our standard of living. My mother explained they had plans for our family before he left Jamaica. Their agreement was that he would come to England first and once settled he would send for her and me. I must also mention the fact that my mother was pregnant with my brother when my father left.

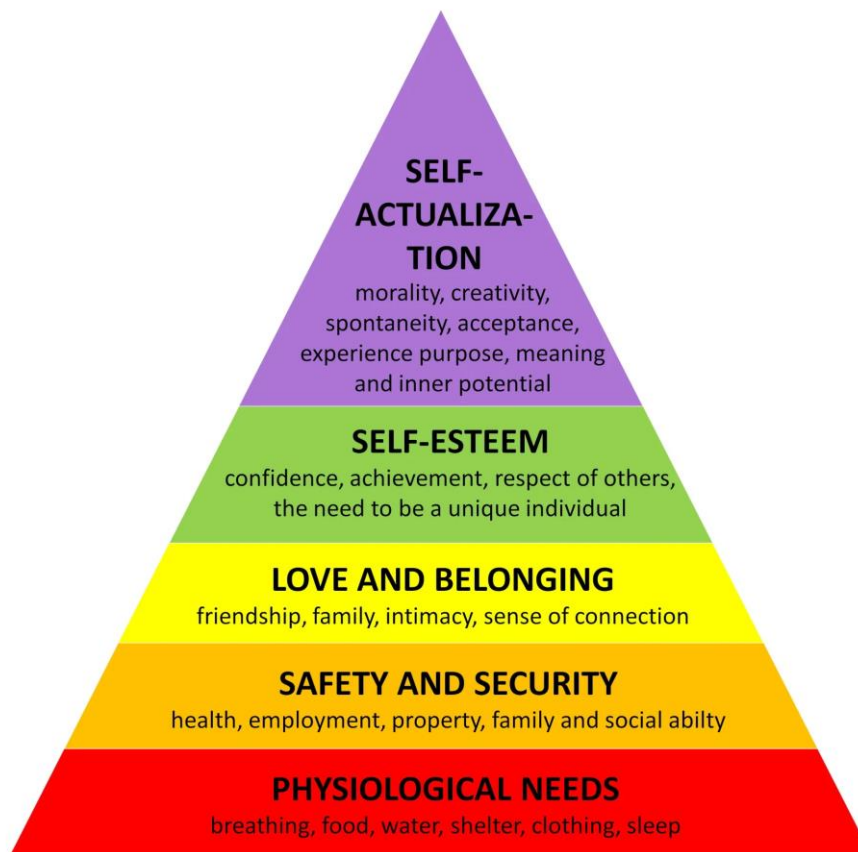
Unfortunately, my father failed to pursue and fulfil their plan and my mother was left behind with me and my brother. It was in my adolescent years when it seemed that this embittered my mother, because it was very clear to me that not only did she love my father, but she was also in love with him when he left to secure a stable financial future for our family. This impacted on my mother emotionally and financially. This was my first experience of rejection as a very young child. I grew up without a father, there was no man who I had a loving relationship with as a baby and toddler. I remember the loss very clearly even from such a very young age. This was the first stage of becoming withdrawn from the world.

My second agonising experience of rejection was when my mother travelled to England with hopes of improving our economic and social status. She told me in later years that she personally wanted to come to the UK, work for three years and return to Jamaica. However, not long after her arrival in England she soon realised that this was not going to be possible given the manner in which immigrants from the Caribbean were received and treated when they arrived in the UK.

The Impact of These Two Rejections (No Mother and No Father)

I know that my parents didn't plan to reject me and my brother. In their minds they wanted to give our family a better standard of living. They were doing their best with the opportunities afforded them. Everyone is entitled to a quality of life that allows them to feel content and not live in fear of what they lack. I get it, however the impact on the innocent children left behind cannot be overlooked, because the healthy emotional development of a child is paramount for the child's emotional and overall development as a responsible contented human being. My brother's behaviour was difficult to manage from a very young age. I have come to understand that your quality of life is dependent on the experiences during your formative years. Positive experiences during those years support the innumerable choices you make in life as you mature in years. If self-worth and self-confidence are reinforced during the first seven years of your life you are certainly off to a promising start in life.

Maslow's Hierarchy of Needs - This diagram alludes to the fact that until our natural needs are met our emotional development will be affected as we mature.



The above pyramid illustrates Abraham Maslow's famous theory. He was an American psychologist and developed theories around human development. He developed this hierarchy of needs to explain human motivation. His theory suggested that "people have a number of basic needs that must be met before they move up the hierarchy to pursue more social, emotional, and self-actualisation needs".

Though my physical needs were met as a young child, my emotional safety and security were affected by the absence of the most important adults in my life. The 'Love & Belonging' section as shown in the Pyramid was affected in my life. Taking into account that we had bonded and then separated for many years at a very important stage of my life; it is not surprising that I developed a natural lack of trust and resilience after some months spent wondering where my parents had gone. As a result, I was not able to move up the hierarchy of needs to develop emotionally until I consciously started my healing journey.

I am also fully aware that for many years of wars upon wars and generations after generations humans have had to travel across states, countries and continents to seek a better quality of life. Migration has been a natural aspect of human advancement.

Nevertheless, based on this lifetime here on planet Earth, as a Holistic Teacher, Adult Educator, Life Coach, Therapist, ex-Probation Officer and ex-Childrens' Safeguarding Social Worker, I would like to make the point that it is important that we pay attention to the way that we nurture our children. This message is for humans across all continents, we must do a much better job of nurturing our children if we want the quality of human relationships to improve for future generations. Surely this will alleviate the relentless wars we have become so accustomed to since the dawn of the human race. Afterall, our children are our future.

The symptoms of rejection (intended or unintended) by parents can be harmful to a child and this sets up a psychological self-defeating pattern deep within the child that can grow with them into adulthood (this was evident with my brother and myself. The child initially blames themselves for their missing parents and soon builds a wall of resilience around themselves. This is an example of nature kicking in when we think of the theory of nature vs. nurture.

Built into our DNA is the programming that determines whether you will be courageous, resilient and able to survive at all costs. As children, humans will morph into beings with different characteristics than they were initially endowed with in order to survive. This is human nature. As the saying goes "nature always finds a way".

Nature is what we think of as pre-wiring and is influenced by genetic inheritance and other biological factors. Nurture is generally taken as the influence of external factors after conception, i.e., the product of exposure, life experiences, and learning on an individual. Source: <https://www.simplypsychology.org/naturevsnurture.html>

Freud (1905) stated that events in our childhood have a great influence on our adult lives and shape our personality. Sigmund Freud was an

Austrian Neurologist and the founder of psychoanalysis, He thought that parenting is of primary importance to a child's development, and the family as the most important feature of nurturing the child was a common theme throughout twentieth-century psychology.

Children need to know the truth. My baby brother and I were left in the care of my grandmother who herself had been the single parent for nine children (she had no help or support from any of the fathers of her nine children). Imagining where she found the strength to nurture her grandchildren leaves me speechless. She went on to rear and nurtured great grandchildren before passing. Many blessings & light to her.

Essentially, I was brought up by a village, i.e., aunts, uncles, neighbours, church community. I was spoiled by my grandmother with loving attention and material things, yet I still yearned for the love, smell and touch of my mother. Bless my grandmother, she must have detected this in me because she repeatedly told me that someday soon, I would join my mother in England. Of course, as a child, the first time I heard that my mind was no longer in Jamaica. I spent most of my early years before I turned twelve daydreaming of joining my mother. As a curious and inquisitive child loving the company of adults, I longed for my mother.

I kept myself busy with my education and spent my time alone, not lonely but alone in my world. As a result, I never fit in with a group. I spent so much time in my head it was unbelievable, and to some extent I still do. The difference is as an adult who has acknowledged and embraced my healing journey by addressing my childhood traumas, I now manage my thoughts with great insight to serve and drive my purpose here on Earth.

I am pleased to share that I have been at the self-actualisation stage of Maslow's hierarchy of needs for more than several years now.

Some of our traumas are not recognised during our childhood. It was in adulthood, when I started to examine my interpersonal relationships.

Physically and psychologically, I noted the following symptoms of my childhood traumatic experiences. These include:

- An innate feeling of rejection
- Not expecting anything from anyone
- Trusting no one
- Being an introvert
- Having very little self-confidence
- The tendency to disassociate myself from incidents very quickly
- Not feeling I can speak my truth as no one is interested in what I have to say
- Not being able to say what I want, being a people pleaser
- Not knowing I can ask for help
- Not able to cry easily
- Exhibiting emotional dysregulation
- The most significant one - I observed that I had the tendency to sabotage platonic relationships just as they were getting comfortable. This is obviously a behaviour I had perfected over many years.

Psychologically, this would be an action executed to safeguard my emotional self, since an aspect of my belief system is that people will abandon me in the end. Developing a trusting intimate relationship was never going to thrive until I had learnt to heal and love myself.

As you can see, I have listed some of the symptoms and behaviours that stem from my traumatic childhood experiences. Can you add yours to the list? This might be the first time you are giving yourself permission to start your healing process and journey.

Through consistent mindfulness training and coaching I have come to acknowledge and love all aspects of myself over time, and you can too!

Some suggestions of tools and techniques that you might find helpful are listed below.

- Meditation — I cannot express how imperative this tool is. It is priceless. Please see the meditation exercise below to help you on your journey of healing from childhood trauma.

Meditation Exercise — Childhood Trauma Healing

1. Drink water, set the scene with soothing meditation music, incense or essential oils such as jasmine, lavender or ylang ylang etc.
2. Close your eyes and sit with your back straight and shoulders relaxed.
3. Mentally connect with the purpose of your meditation (i.e., releasing childhood trauma) Always have an intention for this exercise.
4. Bring your attention to and connect with your breathing.
5. Inhale and exhale seven times in and out through your nose, long, deep and soft breaths. Your abdomen should expand and contract with each breath.
6. Bring your attention to your Heart Centre, the space/vortex/chakra between your breasts.
7. Imagine/visualise this Centre filled with the colour pink. Be still with this visualisation for at least three minutes or longer if you wish.
8. Next visualise your whole body enveloped in a violet/purple hue.
9. Start to see any childhood trauma being transmuted by the violet hue/colour and let go of the traumatic experience. This should take no more than a minute.
10. With your eyes still closed, ground yourself by bringing your attention back to your physical body. Visualise yourself working your way up your body, feel your toes and each limb all the way to the top of your head. Open your eyes and drink some water. If you still feel lightheaded, stand or walk barefoot on soil or grass. Basically, allow your feet to connect with the Earth for grounding purposes. Journal about your experience.

Feel free to share your experience with me, Sakhmet via my website and or email.

Guiding Tools That Will Help You Heal Your Childhood Traumas

- Reference: Read Louise Hay's book *You Can Heal Your Life*.
- This book was an absolute godsend for me personally. I found this book very cathartic, propelling me to stop living in victimhood and take hold of the reins of my own life here on planet Earth. If you have not already done so, invest in this book and share what you have learnt about yourself with friends and family after reading this book. In the book Louise Hay shares her traumatic life experience and how she changed her life.
- Study the Hierarchy of Needs pyramid as illustrated above and apply it to your life.
- Follow the feelings in your heart and your gut — it's your truth and very empowering.
- Seek wisdom instead of material things (meditate on this principle regularly).
- Begin keeping a journal as soon as you have consciously started your journey.
- Find a Spiritual Guru and listen to them without interrupting.
- Start to practice the art of listening without speaking.
- Begin the practice of sitting still quietly alone to quieten the mind. Be very patient with yourself here. Regular practice is what the brain needs, especially for adults.
- Believe you will come to know yourself and this process of knowing yourself is what will set you free.
- It's important that you come to know what makes you tick...what resonates with you.
- You will need to start feeling not thinking — and be honest about your feelings.
- Read/study — create new neural pathways in your brain, so that you can replace old patterns.

- Remember — your thoughts create your behaviour, and your behaviour creates your world, your emotional and psychological experiences — happiness or unhappiness.
- Essentially, we should be striving for balance, harmony and or contentment — because when you seek happiness, we are living in a world of duality — happiness or unhappiness.
- Have your astrological natal charts read, and this will surely help you to understand your inner workings — your principles, values and morals.
- Be prepared to look at yourself in the mirror and ask yourself “why did you choose my parents and the family I am born into”, because you did, believe it or not. When you change your mindset from blaming to curiosity and learning, you will start to take responsibility for your life. Remember, this is a mirroring Universe, what you send out returns tenfold.

Physical Practices/Routines That Are Essential to Your Healing Journey

Apply calming meditation music upon rising and before sleep.

Prayer, Affirmations, Pouring Libations, Meditation, Daily Journaling. These practices will start to connect you to consciousness, to the Source, to Your Higher Self, to who you really are.

Definitely consider weekly or daily exercises — yoga, stretching, walking, jogging, bike riding, dancing, swimming, roller skating; any type of safe movement that gets the heart rate up allows for improved circulation of blood and oxygen in your body as well as the release of dopamine is very good medicine for your physical and emotional wellbeing.

Consider camping, spa treatments, regular massages, socialising with real friends — those whom you truly need to spend time with.

All the practices listed above are ways to attend to your needs and taking good care of yourself. This is part of your healing journey.

Above are some of the tools and exercises that I have fully embraced over several years. Without them it would not have been possible for me to reflect, analyse and process my experiences. I would not have been able to transcend low vibrations into higher dimensions and live in detachment, without fear and guilt.

This book is written in such a manner that it can be expanded to include a much deeper healing of your childhood traumas. Areas related to deep healing will be detachment, decoding forgiveness and shadow work moving out of victimhood... to name a few that will be included in the extended version.

I have also just commenced my 7 - 12-week programme — From Trauma to Liberation & Empowerment. If you want to continue working to eliminate your childhood trauma patterns and live a freer life, book your sessions via www.sakhmetscare.com.